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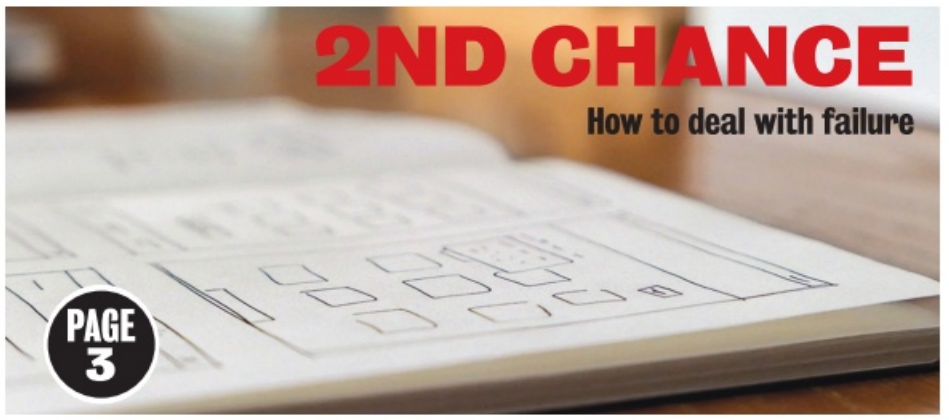
Bangalore Mirror

TEMP Max 30 | Min 13 | Humidity 43% Clear with periodic clouds Sensex 59,808 | Nifty 17,594 | Gold 55,737 | Silver 64,413 | Dollar 81.71 | Euro 87.03 | GBP 98.34



BBMP requested to clear 'encroachment' on Nagenahalli-Harohalli Main Road, prevent traffic jams near railway level crossing

INROADS

'Several letters sent to civic body on encroachment of govt land'

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) is mandated to clear encroachments on the city roads to facilitate smooth movement of vehicles.

The civic body is also expected to widen the roads by acquiring properties to make commuting easy for citizens. However, the BBMP is seemingly apathetic to clear the encroachment on Nagenahalli-Harohalli Main Road and avoid traffic jams near the railway level crossing on the stretch, according to residents of the area.

"I have complained on many occasions to the BBMP on the need to prevent encroachment of government land on Nagenahalli-Harohalli Main Road near the railway level crossing. The authorities have taken up widening of the road before asphalting it but they did nothing to increase the width of the road near the railway level crossing," said Nithin* who resides at a nearby apartment complex.

Nithin told BM that he has been writing letters to the BBMP for the last three years on the encroachment of government land near the

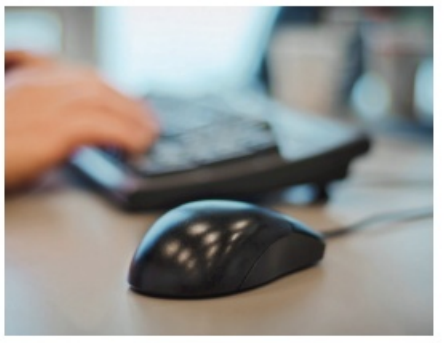
CONTINUED ON PAGE 8 »

"If anyone comes forward with a complaint, we may seek survey dept's help to survey the land to know whether these structures are constructed on govt land

– Executive engineer, BBMP

Digital trappings

Why internet users should exercise extra caution on social media platforms



| Ahna Prakash
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TWEETS @BangaloreMIRROR

Cyber fraudsters are coming up with new ways to extort money from people in the city every other day.

Recently, some residents in the city received WhatsApp messages or Instagram messages from fake accounts of their friends and acquaintances. The fake account messages that they have acquired a new number and are in urgent need of money. Seeing a familiar profile photo, many in the city are unable to distinguish if it's a fake account or not.

Ayushman, a resident of the city said that he had posted his number on Instagram for some work. Later, he started receiving fake messages with his friend's profile pictures.

"I received a message on WhatsApp, the person claimed to be my friend. Even the profile picture was the same. The person then texted me, asking if I could send Rs 1,000 to a bank account. At first it seemed genuine but when I tried calling that number nobody picked up. Later I contacted my friend and asked if this was his alternate number; he denied and said it wasn't. It has become so scary that now people have access to your contact information, photos and they can do anything if you are not vigilant enough," he said.

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Artisanal beauties

Grab a chance to visit a vibrant exhibition organised by the artisans from various parts of the country. Rajasthani Handloom Exhibition displays a variety of ethnic and contemporary crafts, fabrics, jewellery, furniture, bedsheets, marble, wooden toys, Rajasthani traditional palm leaf phad paintings, banjara bags, Kalamkari prints and more. **Where: Sri Suryodaya Mandapa, near DMart, Stage 1, Vijayanagar**
When: February 6 to 9; 10:30 am to 8:30 pm

02 Enjoy the vibe

At one of the most happening cafes in the city, catch My Artemis performing live. The band from Bengaluru will be paying tribute to Breaking Benjamin and Three Days Grace with an amazing performance. **Where: Hard Rock Cafe**
When: March 30; 9 pm

Let's roll for good cause

To promote kidney health and preventive interventions, doctors, Sandalwood celebrities, and experts come together for Cyclothon 2.0 covering 100 km

Over 600 citizens participated in the second edition of Cyclothon across the 10 centres in Bengaluru on Sunday.

The Cyclothon 2.0 was organised by Manipal Hospitals and was joined by a huge number of people, including doctors, celebrities, 23 influencers from different domains such as Instagram and YouTube influencers, Radio Jockeys, sports enthusiasts, fitness experts, media, corporate leaders, and Resident Welfare Association (RWA) members.

The message of the event was to spread the message of kidney health, preventive interventions, and enhanced accessibility to kidney care across the city.

The event was flagged off by Dr H Sudarshan Ballal, Chairman, Manipal Hospitals at Manipal Hospital, Old Airport Road.

Divided into two loops covering 100 km, the Cyclothon was completed in 2.5 hours where the first loop covered 47 km, starting from Old Airport Road, passing through Millers Road, Malleswaram, Yeshwanthpur, Hebbal, and returning to Old Airport Road.

The second loop covered 53 km, starting from Old Airport Road, and on to Whitefield, Varthur Road, Sarjapur, Jayanagar, and back to Old Airport Road.

"Cyclothon was the best form of awareness event. People like celebrities and influencers are ideal to create more awareness and this would be one such event where people from all domains could participate together for this noble initiative.

The value of kidney health and care signifies the overall health and well-being of an individual," said Ballal.

Doctors at Manipal Hospitals Bengaluru have observed a concerning rise in the number of patients suffering from kidney diseases. Between January 2022 and February 2023, doctors attended 74,281 kidney patients, compared to 59,441 in the previous year. Similarly, there has been a surge in the number of living and cadaver donors, he added.

Compared to the last year, this year (2022-23) Manipal Hospitals saw an 18 per cent increase in living donors and a 60 per cent rise in cadaver donors.

The Cyclothon 2.0 concluded with a pledge to support kidney health where all the participants across units gathered together to celebrate the successful accomplishment of the event.

Prominent Sandalwood celebrities including Praveen Tej, Manvita Kamath, Vikky, Arun, Nagabhushana, Sonu Gowda, Vasuki Vaibhav, Shwetha Shrivastav, Kushee Ravi and Amrutha Iyengar were present.

— Chinmayi Vaidya

"The value of kidney health and care signifies the overall health and well-being of an individual
– Dr H Sudarshan Ballal, Chairman, Manipal Hospitals

The second loop covered 53 km, starting from Old Airport Road, and on to Whitefield, Varthur Road, Sarjapur, Jayanagar

Get ready to shop good

Royal Mart opened its 30th outlet at Halagevaderahalli, RR Nagar. Inaugurating the outlet, Royal Mart group of companies' managing director Noufal CK said, "This is our 30th outlet established in areas of 16,000 square feet. Compared to the other retail chains, Royal Mart offers value for money and the new outlet will turn out to be a shopping destination."

"In the next three years, we plan to open 100 outlets in every prominent place of Bengaluru," said managing director Naseer KK.

Royal Mart is offering a host of offers as part of its inaugural offer till March 12, including discounts on apparels. Sugar, tomato, onion and potato are also available at slashed prices.

For free home delivery, customers can contact 8884452300, said a release. Building owners Dr Suresh and Samata, and entrepreneur Saleem were present at the inauguration.

— BMB

Traffic problems? One solution

In order to facilitate and supervise traffic management in Bengaluru in a better way, the Namma Bengaluru Foundation, in association with Bengaluru City Police Traffic Warden Organisation (BCPTWO), have launched a new campaign. They are inviting citizens from 243 wards to join as traffic wardens in their respective ward and assist Bangalore Traffic Police (BTP) with traffic safety awareness programs and traffic regulation activities.

The role of the 'traffic wardens' is mainly for assisting BTP to regulate vehicular traffic and pedestrians and to educate commuters, college students, and school children in the matter of road safety.

Regular traffic duties are on for two days in a week for two or three hours in the evening. Other than regular traffic duties, the traffic wardens go for special duties during VIP visits, assembly/general elections, or bandhs.

Currently, there are 900 wardens in the city and they plan to scale it up to 5,000 wardens. Residents of Bengaluru aged between 25 and 55 years with a PUC pass certificate (minimum qualification) and no criminal background are eligible for the post. On recruitment, training will be provided and the warden should be willing to be present for a minimum of four hours of traffic regulation duty in a week. They also have to attend parades once a month for two hours on a Sunday.

Vinod Jacob, General Manager, Namma Bengaluru Foundation, said, "The traffic warden organisation is a citizen volunteer organisation inviting citizens to be part of the solution. Traffic is a major concern in the city that every Bengalurean faces and this is an opportunity to support the traffic police to decongest the city.There are more than 50 major traffic junctions and bottlenecks in the city, and with citizen participation, this could be solved. Volunteers would add value and manpower to the BTP."

Muralidhar C V, Chief Traffic Warden, Traffic Warden Organisation (TWO), said, " Our motto is 'road safety'. We welcome citizens to join our organisation and help with the traffic question. TWO has been supporting the BTP from 1985 and now we want more citizens to join the campaign."

— BMB

Foxconn: Deal or no deal?

JD-S leader and former CM HD Kumaraswamy on Sunday questioned Karnataka's ruling BJP government to clarify whether the announcement regarding Foxconn by Chief Minister Basavaraj Bommai was a publicity stunt, or was an MoU actually signed.

Taking to social media, Kumaraswamy charged the BJP government with the policy of "maximum publicity and zero result policy", saying that the government is busy with publicity ads and it does not have any care towards welfare of people, development and generation of employment. "Chief Minister Basavaraj Bommai and two other ministers took free publicity on Friday by stating that iPhone manufacturer Foxconn company from Taiwan has come to the state for investment. They held the signed letters in their hands stating the MOU had been signed and posed before the media," he said.

The Taiwanese company, on the other hand, clarified that there were no binding or definitive agreements to invest in Karnataka. "If this is the case, what really happened in the presence of CM Bommai on Friday? Was it a publicity gimmick or agreement? They need to clarify before the people," the JD-S leader demanded.

"There is importance attached to the foreign investments in the post-Covid phase. The government should tread cautiously. The state lost the Ola company because of its own mistakes. Rs 7,614 crore investment went to Tamil Nadu.

–IANS

There is always a second chance

Experts say it is important for kids to be taught to deal with failure

It is during Board exams that students face the maximum stress from all quarters

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A number of cases of suicide and self-harm have been reported this exam season, causing concern among parents and mental health experts.

"This happens every exam season. We need to make it clear to the students that there is always another chance. There is a lot of pressure on the students from their parents as well as the schools. Schools want good scores for their establishment and parents want their children to score well, but children are the scapegoats here," explained Nagasimha G Rao, director of Child Rights Trust.

Rao said that career guidance, counselling and providing an outlet to the students is very important.

"Career guidance is important because then the kid knows that there are several other options and subject combinations. There is always another chance. We have to give them input about how to face failure as part of the curriculum itself which is very important. We have to teach them how to overcome failure and face exam stress.

> **We have to give inputs on how to face failure as part of the curriculum. We must teach them how to overcome failure and face exam stress**
>
> –Nagasimha Rao, Child Rights Trust

Even if the failure does happen, it is essential to overcome it. We must instil positive thinking in the children," he added.

Child Rights' Trust (CRT) and Rehabilitation and Suicide Forum (RASF) started a project in 2012 to prevent suicides among school children. "We went to schools and gave helpline numbers to the children. However, we weren't allowed inside classrooms in some of the schools but it is very important that the students have an outlet. It is advised that the students are exposed to some light psychological games in the classrooms before exam season in order to give them an outlet for the stress," he said.

Experts and child rights activists say that the schools should have a better student to counsellor ratio.

"In light of increasing suicide cases among schools students, it is important that the schools have at least two counsellors for every 1,000 students. Counsellors and mental health experts are important not just for the students but faculty members as well," said Naganna Gowda, chairperson, the Karnataka State Commission for Protection of Child Rights (KSCPCR).

Gowda added that schools should keep an eye out for at-risk children who might be showing any early signs like substance abuse, aggression, etc.

Recent cases of student suicides in the state have left parents in worried state. "With work from home and online classes, the line between office and home has vanished. Instead of it bringing the parents closer to their children, it has instead done the opposite. For me, it is important that the kids have one on one time with their parents each day but it has changed in the recent past. That is why many early signs get overlooked but every time I see any exam stress, I try to talk it through," said Reshma K, a parent.

As per data released by NCRB, more than 14,000 students in India have committed suicide since 2016 after failing an exam.

Blaze of gory

Bamboo groves burnt at Chunchagatta Lake

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Dry leaves and garbage burning is continuing in many parts of the city. Two days ago, miscreants entered the Chunchaghatta Lake and are said to have burnt the bamboo at the lake. Many of the regular walkers and lake activists were surprised to see a major portion of the bamboo plantation burnt to a crisp.

There is no fencing at the lake and no guards are appointed to keep a vigil. Lake activists pointed out despite the lake having been restored, fencing was not carried out appropriately resulting in such activities.

Earlier garbage was being disposed of at the lake premises and sewage used to enter it untreated. The Bruhat Bengaluru Mahanagara Palike (BBMP) restored the water body last year, but lake activists had spoken then too about the fencing not being done.

Raghvendra Pachhapur, Senior Leads Project, Action Aid, said, "On March 5, we noticed fire at parts of the Chunchaghatta Lake. People have been burning the grasses and bamboo very frequently. The BBMP hasn't completed 100% fencing of the lake. Lapses in works of this sort have led to such issues. Incomplete lake fencing and broken fences are the gaps which allows miscreants to enter the lake after dark. I have made complaints regarding the fence issues to the BBMP Sahaya app and updated officials regarding the same."

Chunchaghatta Lake has three frequent bird visitors which are near threatened (Oriental darter, painted stork and black-headed ibis). Both black-headed Ibis and Painted stork bank on wet soil and shallow waters at the lake where they find food. The lake activists pointed out that the security needs to be tightened at the lake to protect these birds.

He added, "Home guards are deputed on different assignments at lakes. In February, many were assigned for the Aero Show, during this period there were issues in opening/closing lake gates. Guard presence at lakes is a necessity until the community is sensitive about the environment. BBMP should ensure that dedicated guards are on duty at lakes."

This apart, he pointed out that in 2018, many birds used to rest in the wild vegetation before lake restoration work. "Every lake needs isolated/private wildlife areas so that they can use it as a habitat. BBMP lake design allows for a walking path that allows human disturbance all across," said the activist.

Bamboo burnt to a crisp at Chunchaghatta Lake

Addendum conundrum marks temple building

Temple expansion in Coffee Board Layout park could counter court directive on public space constructions

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There is no dearth of laws for the preservation of parks, playgrounds, and open spaces across the state. In December 2020, the Karnataka High Court directed the Bruhat Bengaluru Mahanagara Palike (BBMP) to ensure that nothing is constructed in such spaces. However, BBMP authorities have turned a blind eye on the ongoing expansion of a temple on the land reserved for a park in Coffee Board Layout, Kempapura in Byatarayanapura Assembly constituency.

"I have no objection to the temple and I have myself been going to the temple every day for more than 20 years. What I am objecting to is the construction of new concrete structures around the Rama Mandira by encroaching a public park," said Tejaswini K, a resident.

According to her, the space is designed to be a 'lung space' for the residents of the layout, not to be turned into a concrete jungle. Documents available with Bangalore Mirror state that the space was a park when the Bangalore Development Authority (BDA) handed over Coffee Board Layout to the BBMP. A relinquishment deed was executed on September 30, 1988 to handover the layout that was developed on 43 acres and one guntas of land by the BDA.

The Sri Rama Samiti is reportedly building structures, including a kitchen, on land reserved for a park in Coffee Board Layout

"There was a small temple in the park. Now, it has been extended. The temporary structure that was made with asbestos sheets is being replaced with concrete. It is illegal to make structural changes," she said.

> **"The temporary structure that was made with asbestos sheets is being replaced with concrete. It is illegal to make such changes**
> – Tejaswini K, resident

On Sunday afternoon, renovation and expansion of the temple was in progress. Sri Rama Seva Samithi president Anjaneya said that the place belongs to the temple and they did not violate any norms by taking up its renovation.

"We are residents of the layout. We formed Sri Rama Seva Samithi on January 24, 1997 for the renovation of this temple. We also got financial assistance of Rs 25,000 from D Veerendra Heggade of Dharmasthala on July 24, 2000," said Anjaneya.

It is said that the BBMP authorities directed Sri Rama Seva Samithi to clear the illegal constructions in the park. Assistant Revenue Officer of Kodigehalli Division, BBMP, had issued a notice to Sri Rama Samithi on February 12, 2021 in this regard.

"We sent a detailed letter to the Assistant Revenue Officer on February 14, 2021 stating that poojas are being held at Sri Rama Mandira on a daily basis. The residents welfare association had also written a letter to them about the need for the temple for public welfare," Anjaneya said.

About the structures put up adjacent to the temple, he said that a portion of the structure is being used as an office for Sri Rama Seva Samiti and the remaining is being used as a residential quarter for the priest. "A small structure is being put up to be used as a kitchen to prepare parasada for devotees," he added.

B'luru treads on thin wires

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Despite many incidents regarding Bengalureans getting injured due to dangling cables, nothing seems to have been done to fix the problem. Even a drive by the Bruhat Bengaluru Mahanagara Palike (BBMP) to remove these cables registered limited success. On Saturday, it was a close shave for a woman on a bike and some citizens inside a car as a wire snapped right in front of them.

Philip Tiju Abraham, a software architect, said, "I was in my car, about to drive through Ejipura signal, when what seemed to be telecom wires fell onto my car. It felt like a close call with death. I was too stunned at the moment, but had enough sense to hit the brakes. My life flashed before my eyes. I don't know what would happen if I was on a two-wheeler."

The entire incident was captured by Tiju's car dashcam. A closer look at the video showed that a woman on a bike, who had passed by a whisker, could have become a victim if she left a few seconds later.

Following a social media post on the incident, many netizens shared their own stories related to dangling cables. One said, "The same happened with my husband many years ago on the road from Indiranagar towards Ulsoor. He was on his bike when a wire fell from above and got stuck around his neck. He was badly injured. I have seen many such cables hanging loosely on pavements."

Another netizen commented, "I have seen TV and internet cable wires snap many times. Another time, such cables got entangled with our cars. We could not stop immediately and damaged a flower vendor's items."

A citizen's dashcam footage caught a motorist's close brush with danger as the latter missed a snapping wire by a hair's breadth

The BBMP has been promising to take action against the owners of these cables, but the same has not been fulfilled so far. Earlier, BBMP Chief Tushar Giri Nath had instructed all TV cable operators, internet service providers, and affiliates to clear unauthorised cables within a month.

Sujit A, a resident of Whitefield, said, "BBMP's actions looked like knee jerk reactions. During 2022, they had started periodic raids to remove these cables. However, it seems like an eye wash now."

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Road block
Linden Street

These slabs have not been removed from Linden Street for a month despite several complaints to the BBMP.

Pedestrians blocked
Sadashivanagar

Vehicles parked between 14th and 15th Cross in Sadashivanagar are forcing pedestrians to walk on the road.

Accident magnet
Sultanpalya

These broken footpath slabs in front of SBI, Sultanpalya can cause major accidents.

When culture vultures hit the pub

A brawl broke out at a pub on Brigade Road late at night on Saturday after a group of 'protestors' attacked those who were having a party.

A group of 15 people beating a drum entered the pub to protest against the "growing western culture" in the city. The workers of the organisation were stopped at the door by the pub's bouncers. An altercation took place between the bouncers and the crowd. Later two groups fought in front of the pub.

As soon as the information about the incident came to be known, Ashoka Nagar Police visited the spot and arrested the persons who were involved in the fight.

Boy dies in cylinder blast

A 13-year-old boy died in a cylinder blast in Guddadahalli near Hebbal. The deceased has been identified as Mahesh, the son of a labourer couple Mallappa and Saraswati.

Mahesh was living with his parents in a rented house in Hebbal. His parents were doing plaster work and housework for livelihood.

On Sunday, Mahesh had come to a gas refilling centre near the house. At that time, a cylinder that was being refilled blasted. Mahesh who was next to the shop was seriously injured due to the intensity of the blast.

After the accident, Mahesh was immediately taken to the Baptist Hospital in Hebbal, but he died on the way. Devaraj, who had rented the space for gas refilling, and Likayat, who was re-filling the cylinder, escaped from the scene. The local police have registered a case and are investigating.

Man kills self

A man is said to have stabbed himself to death in Vajarahalli. Prabhakar Gupta, 32, who hailed from Uttar Pradesh, Prabhakar lived in Vajarahalli with his wife and children and ran a provision store. It is said that he had taken a loan that he was unable to repay so he killed himself. He waited for his wife to go to work and children to go to school, and then stabbed himself with a knife at home. Thalaghattapura Police reached the spot and registered a case. – **BMB**

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- Next, enter Aadhaar number and PAN, and pay late fee of ₹1000/- through '*E-Pay Tax functionality*' after following on screen instructions
- Once payment is complete, visit '*Link Aadhaar*' section again and enter your name, mobile number, Aadhaar number and PAN
- Verify the information by selecting '*I agree to validate my Aadhaar Details*' option and click on '*Link Aadhaar*' option
- Enter the OTP received on your mobile number and click on '*Validate*' to complete the linking process

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Lay off antibiotics

Health Department has eye on influenza virus, to hold meeting today

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TWEETS @BangaloreMIRROR

"Bengaluru is seeing an immense rise in cases of fever and respiratory complaints. We are seeing a 30-40% rise in cases due to overuse of antibiotics

– Dr Aditya S Chowti, Fortis Hospital

Bengaluru doctors have noticed a spike in fever cases and want citizens to not use antibiotics indiscriminately. While the infection lasts for about five to seven days, the fever lasts only for three days. However, the cough can persist for three weeks.

"People are taking antibiotics like Azithromycin and Amoxiclav, often without caring about the dose and frequency. They stop when they feel better. This needs to be stopped as it leads to antibiotic resistance," explained a doctor.

The Indian Medical Association (IMA) further noted that several other antibiotics such as amoxicillin, norfloxacin, ciprofloxacin, ofloxacin, and levofloxacin are being misused. During Covid, there was widespread usage of azithromycin and ivermectin, which led resistance against it.

Dr Aditya S Chowti, senior consultant, Fortis Hospital, said, "Bengaluru is seeing an immense rise in cases of fever and respiratory complaints. We are seeing a 30-40 per cent rise in cases due to changing climatic conditions, the resurgence of various non-specific diseases, and the unnecessary use of antibiotics."

With the Indian Council of Medical Research (ICMR) issuing an advisory over the rise in flu cases (Influenza A subtype H3N2 virus), the state health department held a meeting on Saturday. Another round of meetings with experts will take place today. Minister for Health and Family Welfare Dr K Sudhakar said, "We have already received an advisory from the Centre. Although no such case has been reported in the state so far, we are told that symptoms may stay longer than usual."

Health Commissioner D Ranadeep said that there is no immediate threat over the rise of flu cases across the country. "The Technical Advisory Committee has said that if any case is reported in the border areas, we can swing into action as our field level teams are ready. I just wanted to tell people to be careful as the flu spreads via droplets when someone coughs or sneezes," he added.

IMA's request

The IMA urged doctors and citizens not to use antibiotics indiscriminately to treat the flu. A majority of the patients coming to OPDs have already taken some over-the-counter antibiotics on their own, doctors reported. Most of them also suffer from secondary infections.

Except for specific issues such as viral pneumonitis, viral bronchitis, and tonsillitis, antibiotics must not be used. One must not self-medicate, said a doctor. Another health expert said that early antivirals show better results than antibiotics. "We generally recommend rest, good hydration, a light diet, and masks to the patients," he added.

Dr Bindumathi P L, senior consultant, Aster CMI Hospital, said that antibiotics are the most common antimicrobial substances that are actively used to fight bacteria by killing or suppressing their growth. However, with the advent of technology and easy access to information, many people are now commonly taking these drugs without a proper prescription, which has led to a rise in the number of cases related to antimicrobial resistance and side effects. Overuse or unnecessary consumption of antibiotics can cause serious health issues such as gut flora upset, diarrhoea, fungal infections, drug interactions, and antimicrobial resistance.

(with inputs from agencies)

'High level' meet to have eye on covid

Considering the trend of rising coronavirus cases in Karnataka, Minister for Health, Dr K Sudhakar, has called for a high-level meeting today in Bengaluru. Speaking to reporters on Sunday, Sudhakar stated, "Since the last one week, cases of corona infections are on the rise. The union health ministry has issued a caution on the H3N2 variant. The meeting will be held with experts and officers. We will discuss the steps to be taken to prevent the virus from spreading."

Karnataka has reported 95 fresh covid cases and 79 new cases were detected in Bengaluru city in the last 24 hours. The trend of rise in the corona cases has been found after 100 days in the state and in Bengaluru. The state has a total of 391 active Covid cases and the positivity rate has gone up to 2.44 per cent, according to the statistics released by the Department of Health in the state. Doctors have suggested people keep a safe distance from those who are down with symptoms of cough, cold, and fever. It has also been advised that people wear masks in public places. **–IANS**

Crowd for Open day at IISc; doctors have urged people to wear face masks in public places

Youngsters at obesity risk

Health experts are worried about the incidence of obesity rising rapidly among youngsters, especially during the pandemic. This is worrisome as obesity is a major risk factor for hypertension, diabetes, heart disease, and some kinds of cancers. The National Family Health Survey (NFHS-5) pointed out that 30 per cent of women in the state between ages 15 and 49 and 32 per cent men in the same age group are obese.

Uncontrolled obesity has a negative effect on various organs of the body and causes serious illnesses, reducing life expectancy.

"Abdominal obesity is associated with an increased risk of type-2 diabetes, myocardial infarction, stroke and premature death. Health experts say that due to genetic reasons, Indians are more prone to obesity due to the large amount of fat around the waist," informed a health expert.

Some factors related to lifestyle have also been found to increase body weight. **–BMB**

NOTES FROM THE FIELD

Singing conductor

Kamal Hassan's character as a bus conductor in the movie 'Benkiyalli Aralida Hoovu' was a favourite where he enthralled commuters with his singing skills.

There is a real-life bus conductor in Chamarajangar who is now turning out to be a favourite for commuters due to his singing talent. Hemanth is known to sing songs for his commuters once he is done with his work of issuing tickets. Speaking to the media, the conductor said that as he was operating a long-distance bus, he thought of entertaining people with his songs, and so far, he has gotten positive responses.

100% attendance

As the state nears assembly elections, the recent legislative session was the last one to be held for this five-year term. Interestingly, only two MLAs had a 100 per cent attendance record. Assembly Speaker Vishweshwara Hegde Kageri said, "The 15th assembly session functioned for 167 days in total and only two MLAs - CM Limbannavar who represents Kalghatagi Assembly segment and KS Lingesh from Belur constituency - should get a special mention as they have not missed a single session. They have the rare record of attending all the sessions."

Bommai loses cool

Chief Minister Basavaraj Bommai is known for his calm attitude. However, he lost his cool when he was recently interrupted by a party man. During his address to the public, he was frequently interrupted by guidance on what he needed to say. Irritated by this behaviour, Bommai turned back and asked his party man to either speak or allow him to speak. He also said that as a Chief Minister he has enough knowledge on how to speak to the public. **–Sridhar Vivan**

3 days after Lokayukta raid, MLA remains elusive

Lokayukta police making efforts to nab prime accused, BJP's Channagiri legislator

The Karnataka BJP MLA Madal Virupakshappa remained elusive on Sunday, three days after Lokayukta police caught his son Prashanth Kumar M V for allegedly taking a bribe for a government contract.

According to official sources, Lokayukta police are making all efforts to trace the Channagiri legislator, who is the prime accused in the case.

Officials had earlier said, they will be issuing him a notice for questioning, in connection with the corruption scandal that has rocked the State ahead of the Assembly polls.

Lokayukta police seized Rs 8.02 crore in cash belonging to Kumar, this include Rs 6.1 crore from his residence in Bengaluru on Friday and Rs 2.02 crore from his private office on Thursday.

Of the Rs 2.02 crore, Rs 40 lakh was allegedly the bribe that Kumar had received from the head of a private company that had won a contract to supply raw materials to the Karnataka Soaps and Detergents Ltd (KSDL), of which his father Virupakshappa was the Chairman, the post from which he resigned on Friday. Lokayukta police have also seized another Rs 16.47 lakh from Virupakshappa's residence in Davangere district.

Meanwhile, Karnataka Chief Minister Basavaraj Bommai today said no decision has been taken regarding seeking Virupakshappa's resignation, and fair probe is on by the Lokayukta in the case.

Accusing Congress of "shutting down" the Lokayukta, while in power, to close cases against its leaders, he said, 59 cases of the grand old party's tenure under Siddaramaiah, have been referred to the Lokayukta and the truth will come out.

"It (MLA's resignation) has not been decided yet, our point is that Lokayukta has been given complete independence and they are conducting a fair probe and they should continue to do it," Bommai told reporters here in response to a question about seeking Virupakshappa's resignation.

Prashanth Kumar, a Karnataka administrative services officer, is among five people, arrested in the case. Lokayukta sources said apart from cash, documents for huge investment in land, gold and silver were also found from the MLA's house.

Responding to a question on Congress demanding CM's resignation, Bommai said "When Siddaramaiah was the Chief Minister, Rs 25 lakh were seized from the then Minister C Puttarangashetty's office, did he give resignation then? Without conducting a proper inquiry into it, he tried to shut the case, if Lokayukta was there then cases would have been registered against them, but it was shut then."

Siddaramaiah led government tried to protect the corruption and has closed the cases, whereas the BJP administration has given all powers to Lokayukta to take action against whoever have committed the mistake, even if the person is from our own party. "This is our morality, while theirs (Congress) was to close cases, so we need not learn lessons form them."

Further, hitting out at Congress' for protesting on the issue, Bommai said, people are aware of their truth, and they are doing it for the sake of politics.

"Corruption, loot, murders, extortions that took place during Congress rule, 59 cases have been referred to Lokayukta, they will be inquired into and the truth will come out," he said.

File photo of the raid conducted by Lokayukta at the residence of Prashanth Madal who was arrested while taking a bribe of Rs 40 lakh

"It (MLA's resignation) has not been decided yet, our point is that Lokayukta has been given complete independence
– Chief Minister Basavaraj Bommai

Special teams formed

Meanwhile, the Lokayukta has formed seven teams headed by Deputy Superintendents to arrest Virupakshappa. Sources said that the teams have already begun tracking and search operations across the state. The sources also said that the teams have launched a hunt in various locations of Bengaluru and Davangere cities. At the same time, they have also prepared to issue him a notice of inquiry to appear before the Lokayukta police. – PTI

Cong calls statewide bandh for two hours on March 9

The Karnataka Congress has called for a two-hour long bandh on March 9, as part of its fight against alleged corruption by ruling BJP, following the recovery of over Rs 8 crore cash from its MLA Madal Virupakshappa's son Prashanth Kumar MV, by Lokayukta.

Announcing the bandh from 9 to 11 am that day, Karnataka Congress president DK Shivakumar on Sunday said, schools, colleges, transport and health services will not be disturbed. He requested that no one should take law into their hands and disturb peace. – PTI

Couple fined ₹6L for inter-caste marriage

In a shocking development in Chamarajanagar district, a couple was fined and faced a boycott in their village for their inter-caste marriage. The incident had taken place at Kunagalli village in Kollegal. According to police, the couple got married five years ago but the villagers came to know about their different castes only recently.

The villagers had fined the couple Rs 6 lakh and boycotted them in the village. The couple were not able to take the humiliation and filed a complaint with police in Kollegal on March 1 Govindaraju, belonging to the Uppara Setty community, had fallen in love with Shwetha, from Mandya, belonging to the Scheduled Castes. Govindaraju settled in Malavalli, but often came to visit his parents, along with his wife, in Kunagalli. When the couple came there last month, Shwetha, talking to her neighbour, had disclosed that she is a Dalit.

The matter reached the elders of the village and they held a meeting on February 23. They called the parents of the couple and imposed a Rs 3 lakh fine on them. – IANS

Mascot BSY

The BJP seems to be falling back on its seasoned oarsman BS Yediyurappa making him a key poll mascot, along with Prime Minister Narendra Modi, as it shores up campaign in Karnataka.

The octogenarian, who has announced his retirement from electoral politics, is sought to be put on the pedestal by the governing party's central leaders. It's now quite evident from the BJP's campaign narrative that the party is banking on the "Yediyurappa factor" and putting him up as the "poster boy" by leveraging his clout to the hilt. The BJP central leadership have been lavish in their praise of Yediyurappa, during their public meetings in the State. – PTI

Juliette emerges Champion Of Champions

Ikram Khan
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

It proved to be `Ladies Day Out' at the Bangalore Turf Club, the `Queen' filly Juliette, to the delight of the racing buffs, winning the Royal Arion Club Indian Turf Invitation Cup in resplendent style. The star performer, who won the biggest event in the Indian racing calendar for the second successive year, after she proved her mettle at Guindy (Chennai) last year, was followed home by two other fancied fillies, Mumbai mainhope King's Ransom, who gained the runner-up berth ahead of the top local heroine La Reina. It simply was a superb effort from the Hall Of Fame champion and most railbirds, who enjoyed the two-day annual racing carnival provided the champion filly and her pilot, Chotu Singh Jodha a standing ovation.

On the strength of her two classy victories this season at her parent-centre (Mumbai), Juliette from the stables of the Bengaluru boy Karthik Ganapathy was the overwhelming favourite for the event, the bookmakers too fancying her to wear the coveted Indian racing sash. Her trainer Karthik satisfied with her preparatory gallops had disclosed that his bred in the purple seven-year-old mare is on top of her game and that she will be hard to down again in this Champions Of Champions event. The unassuming professional was proved

right, Juliette producing an amazing turn of foot when the race came on a boil, before putting the issue beyond doubt in the final furlong.

"It was another classic effort from a true-blue champion. She enjoyed the pleasant climatic conditions at Bengaluru and she was fit and ready to produce her best. She did just that on the big stage today and Jodha, it must be mentioned produced an exemplary effort astride the champion," said Karthik adding that she is the best horse he has trained and the champion helped him realise his big dream. The 2:28.40 exercise in the park fetched Rs, 60 lakh to one of the big moneyspinners in the game, who made the old hats in the game proud, beating her younger rivals, half her age.

She simply loves performing on the big stage. And she was ready for it. She travelled nice and easy all through the mile-and-half trip and the moment I asked her to go, she readily stormed up and galloped home in her inimitable style," said Chotu Singh Jodha, lauding the effort of the `Queen'.

Northern Lights from champion trainer Pesi Shroff's yard came up tops in the principal added attraction, the Maj. PK Mehra Memorial Super Mile Cup. Leading `Knight' Pradeep Chouhan, who guided home Northern Lights emerged the most successful professional in the two-day Invitation week-end booting home five winners.

SPORTS

BTC Chairman, Shivkumar Kheny presenting the Royal Arion Club Indian Turf Invitation Cup to winning owner, AC Muthiah after the favourite Juliette won the coveted event on Sunday

Shafali, Lanning guide Delhi Capitals to 60-run win over RCB

#Mumbai

Shafali Verma and Meg Lanning slammed attacking fifties, while left-arm pace bowler Tara Norris grabbed a five-wicket haul as Delhi Capitals thrashed Royal Challengers Bangalore by 60 runs in their Women's Premier League opener, here on Sunday.

Norris destroyed the RCB lineup, returning figures of 5/29 after Delhi Capitals had put up an imposing 223 for two at the Brabourne Stadium.

Chasing the mammoth 224, the Smriti Mandhana-led side were restricted to 163 for eight in 20 overs.

Earlier, thanks to opener Shafali and Australian skipper Lanning's fine knocks of 84 and 72 runs respectively, DC posted WPL's second successive 200-plus score. Mumbai Indians notched 207 for five before bowling Gujarat Giants out for 64 in the inaugural WPL fixture on Saturday.

Delhi Capitals Tara Norris in action during the 2023 Women's Premier League (WPL) Twenty20 cricket match between Delhi Capitals and Royal Challengers Bangalore

While the young India opener played some breathtaking power-packed strokes in her 84-run knock, which came off just 45 deliveries (10 fours, and four sixes), Australia skipper Lanning was more clinical in her shots, smashing 72 off 43 balls (14 fours) as the duo destroyed left RCB bowling in a tailspin.

The duo's 162-run partnership ended in an equally dramatic manner, with both getting dismissed in the 15th over, with England off-spinner Heather Knight accounting for the two off the third and fifth deliveries of her second over. Their departure off the third and fifth ball of the 15th over though did not slow the scoring rate, with Marizanne Kapp (39 not out) and young India player Jemimah Rodrigues (22 not out) helping the side cross the 200-run mark. **PTI**

'Encroachment' on the road

CONTINUED FROM PAGE 1

railway level crossing and the unauthorised shops set up along the Nagenahalli-Harohalli Road.

"The BBMP chief commissioner has forwarded my letter to Yelahanka zone joint commissioner in February 2020 for initiating necessary action; but no action has been taken till date by the Yelahanka zone joint commissioner," he said.

Another resident from the locality expressed a similar opinion. She said the BBMP has to take measures to clear encroachments on the road to avoid traffic jams during peak hours. "I am not against street vendors because selling vegetables or other things is their livelihood. I want the BBMP to clear the structures put up near the railway level crossing. It is said the vacant land near the railway level crossing belongs to the government," she added.

"It is true that the road near the railway level crossing becomes narrow. I am not sure when these structures came up.

A resident, pleading anonymity, said most of the residents of the nearby residential apartment complexes are keeping quiet because the encroachers are local people. "We cannot afford to complain against them. They can create problems for us. Many of us are from outside Karnataka and do not know the local language. So, we appeal to the BBMP to clear the encroachments on their own," he said.

Meanwhile, BBMP executive engineer (road infrastructure) said he did not receive any complaint on the alleged encroachment of the government land. "It is true that the road near the railway level crossing becomes narrow. I am not sure when these structures came up. If anyone comes forward with complaints, we may seek the survey department's help to survey the land to know whether or not these structures are constructed on government land," the executive engineer said.

The residents of the nearby apartments are happy with the widening and asphalting of the road as it would benefit thousands of motorists and two-wheeler riders to reach their destinations without any hassles. They want the BBMP authorities to ensure the same width of the road near the railway level crossing. Will the BBMP authorities meet their demand? The hapless residents have to wait and watch.

*(*name changed on request)*

Beware of new cyber frauds

CONTINUED FROM PAGE 1

Another cyber trap set by fraudsters is that they promise you a certain amount of money if you like their content on social media or if you follow them, however after doing so they disappear. Another instance is when individuals are lured into getting more followers on social media after paying a certain sum of money.

Tanya*, a social media influencer in the city said, "I have been making content on social media for a long time but I wasn't getting any engagement; so I came across this profile which promised that if I pay some money, they will help me increase my followers. So, I paid them and later they stopped responding to my text and a few days later the profile was nowhere to be found," she said.

A senior police officer said that one should verify everything before sending money as cyber fraudsters are finding new ways to scam people.

"Internet users should exercise extra caution when accepting friend requests on social media platforms. There have been numerous occasions where the accused have attempted to contact trusting individuals by setting up phoney accounts and using known profile pictures," said a police officer.

*(*name changed)*

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I Sawant Ashatai Baban W/O, Bhaskar Jagannath Chavan R/o #185, 7th B Main Road, Kalyan Hbcs, Hampinagar, Rpc Layout Bangalore 560104 have changed my name to Ashalatha Bhaskar Chavan

I Jayaprakash Janaki S/O, Sethuram Gopalachary Janaki R/o 307 4th Floor Anugrah Icon Mahadevpura Shiva Ganga Layout, 560048 have changed my name to Jayaprakash Sethuram Janaki

I, Rajesh Prasad, Male S/o Jagdish Rajendra Prasad R/o Cashier Layout, Taverekera, Bangalore has changed my name from Suresh Menon for All Future Purposes

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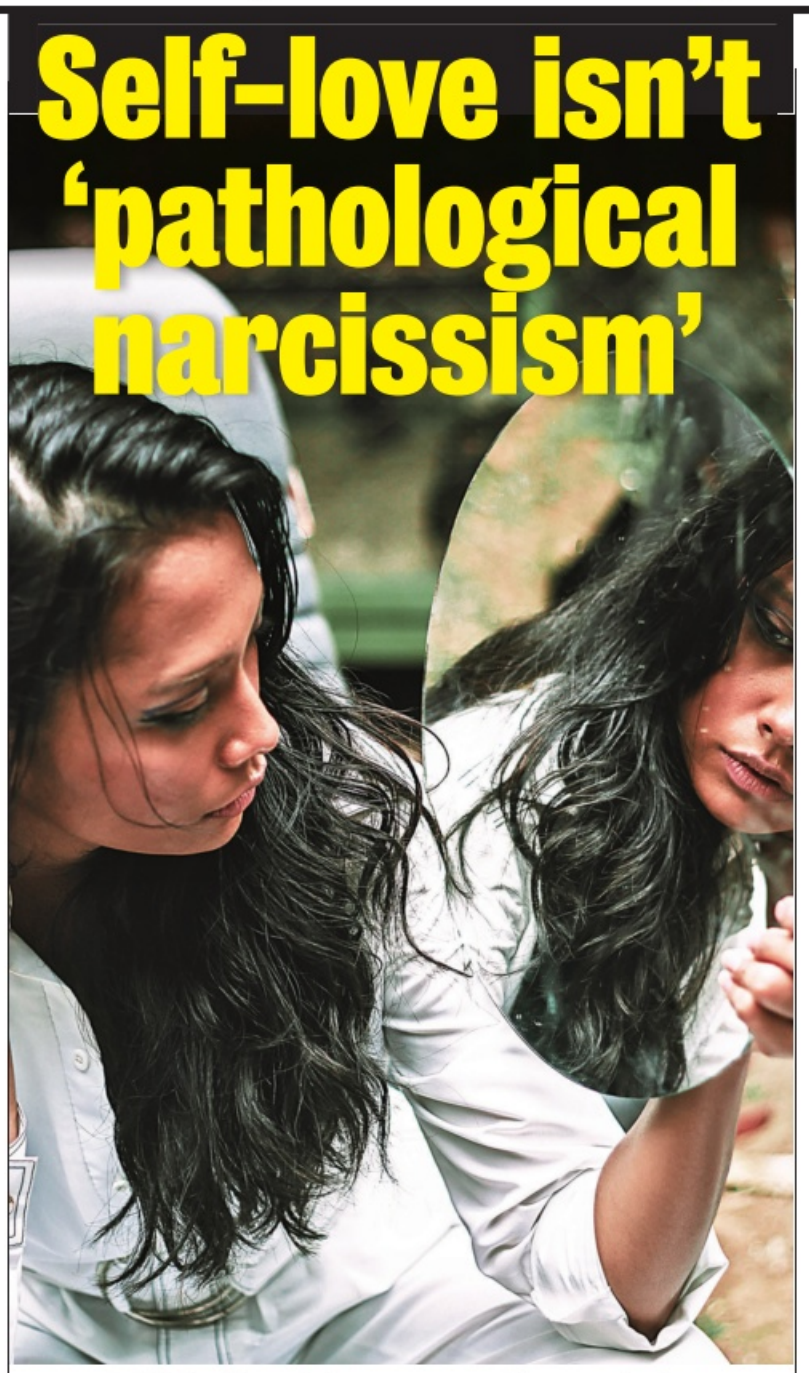
HEALTH TIP: If you're prone to breakouts or have oily skin, don't skimp on washing your face as part of your morning and evening skin care routine

A mild cleanser without a lot of ingredients and fragrances can work just as well as more expensive options

Self-love isn't 'pathological narcissism'

Everyone has a bit of narcissism within them; here's how to tell when it becomes pathological



The word narcissism has become something of a buzzword on social media. As a result, online platforms are now rife with insights, tips, stories and theories from life coaches, therapists, psychologists, and self-proclaimed narcissists about navigating relationships with narcissists or managing one's own symptoms.

The term "narcissism" is commonly used to describe anyone who is egotistical and self-absorbed. Someone who exhibits narcissistic traits may have a personality disorder known as narcissistic personality disorder.

Over the past decade, the rapid development of social networking sites has caused profound changes in the way people communicate and interact.

Social media websites such as Facebook and Instagram can feel like a narcissistic field day.

In seconds, one can share self-enhancing content – flattering pictures, boastful statuses, and enviable vacations – with a vast audience and receive immediate feedback in the form of "likes" and reinforcing comments from followers.

As a licensed couple and family therapist who specialises in relationship issues related to attachment, I have worked with many couples with one partner who is on the narcissistic personality disorder spectrum.

One reason the narcissistic partner is challenging to treat is that they're adept at persuading their partner that they are the dysfunctional one.

Defining narcissism

Dr Otto Kernberg, a psychiatrist who specialises in personality disorders, differentiates between normal and pathological narcissism using a framework that assesses a person's capacity to participate in satisfactory romantic relationships.

Normal narcissism refers to a well-integrated sense of self that is generally for the greater good, such as a healthy sense of pride in oneself and one's accomplishments. Pathological narcissism describes extreme fluctuations between feelings of inferiority and failure with a sense of superiority and grandiosity.

Research shows the role of healthy narcissism occurs at subclinical levels in everyday populations and can help motivate people to enhance themselves and to progress in life.

But when striving for achievement or gain involves an excessive desire for attention and approval and an outsize, grandiose sense of self, it is no longer in the realm of healthy narcissism.

A pathological narcissist sees everyone else as an extension of self.

Those in a narcissist's life, especially in their inner circle, must always demonstrate perfection because they contribute to the narcissist's own self-image. Like many personality disorders, narcissism manifests itself in intimate relationships through the cycle of idealisation and devaluation, creating the concept of the so-called toxic relationship.

Finding a victim

A narcissist chooses their partners based on whether the partner affirms their grandiose sense of self. And since having that affirmation is the key driver for a narcissist's relationship, they are generally not interested in learning a lot about the other person.

The things that attract narcissists are not the personal characteristics of the other person or even the connection that comes from the relationship. If the person has a reputable status in their eyes and they find the person appealing, they are usually willing to move forward quickly in the relationship. Unfortunately, as a narcissist's genuine interest in the other person is typically superficial, the narcissist often loses interest in the relationship just as suddenly as they began it.

> **A narcissist chooses their partners based on whether the partner affirms their grandiose sense of self; they aren't usually interested in knowing them**

Narcissistic abuse is a form of extreme psychological and emotional abuse marked by manipulative communication and intentional deception for exploitation by a person who meets the criteria for pathological narcissism.

Forms of narcissism

Narcissistic abuse can be insidious and hard to recognise. Since the signs of narcissistic abuse aren't always obvious, it's important to name and recognise them.

Gaslighting: The narcissist uses a manipulation strategy known as gaslighting to make the victim doubt their own ability to make a decision or take an action. People use this technique to maintain control over the other person's sense of reality.

Victim mentality: This mindset, which is common for those with narcissistic personality disorder, implies that everybody owes the narcissist something. In my clinical experience, I have often witnessed the narcissist creating a false narrative about how they did not get what they were supposed to get in life because they were wronged by others.

This story allows them to feel entitled to have anger and resentment toward anyone, especially toward people they perceive as successful.

Cycle of idealisation and devaluation: During the idealisation stage, the narcissist creates a sense of unbreakable connection with the victim.

At some point, the narcissist's partner will disappoint them in some way, usually not on purpose. As a response, the narcissist will criticize every move, jump to conclusions, and react dramatically to these perceived disappointments. The narcissist will begin to see their partner as flawed and accuse them of not being the perfect partner they were supposed to be.

This phase is characterised by verbal and physical abuse, humiliation, bullying, and smearing.

Feelings of emptiness: According to Kernberg, the psychiatrist mentioned above, the inability of narcissists to develop fulfilling and lasting relationships results in a chronically empty internal world.

Narcissistic personality disorder patients will often find themselves "waking up" at age 40, 50, or 60 with a desperate sense of loss. The narcissist often struggles with feelings of emptiness that stem from relying on a false grandiose sense of self that prevents them from being vulnerable.

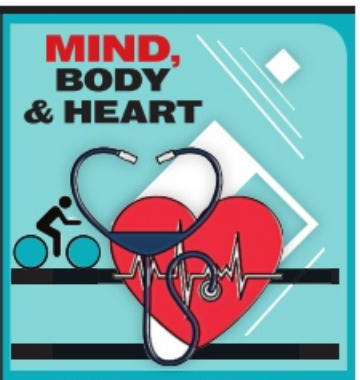
Navigating relationships with a narcissist

Since the narcissist often develops controlling and manipulative relationships with the partner's friends and family, the victim may feel reluctant to rely on their intimate circle for support. Finding a therapist who specialises in narcissistic abuse recovery is the first step to start the healing process.

I have had a lot of patients tell me that their therapists aren't familiar with the term "pathological narcissism." If they're not, I suggest that, if possible, these patients find therapists who specialise in emotionally focused therapy or transference focused therapy.

From my perspective, relationships with a narcissistic partner are some of the hardest to treat. The narcissistic partners are often unwilling to participate in therapy because they will not admit that they need help and find it challenging to collaborate with the therapist.

-By April Nisan Ilkmen (The Conversation)



All problems solved

Dear Coleen

I'm due to have my first baby in May and I'm very excited about it. However, I'm worried how it will change my relationship with my husband.
We've been married for nearly six years and knew we wanted to have some time together, enjoying our relationship before becoming parents.
We've definitely done that and feel very lucky that things have gone to plan.
However, I've always been a bit insecure in relationships and I've started to stress over what a baby will mean for us as a couple.
Most of my friends already have children and always complain about never having sex or arguing with their partners.
I love my husband to bits and have always felt really lucky to have him (he's a definite catch), but I don't know how he'll cope with fatherhood and the extra stress.

COLEEN SAYS

Change is always daunting and there's no doubt you're going into a new phase of your lives and relationship.
There's a definite risk that you'll both focus so much of your attention on the baby that you'll forget to nurture your own relationship, so it's really important to make time for each other.
Communication is also vital. If you're stressed, feeling neglected, overtired or anxious, you've got to speak up and talk it through. You have to be a team. But as long as you accept that change is inevitable and it's about finding ways to adapt to it, then I think you'll feel as prepared as you can be.
Try to zone out from your mates' venting and focus on the excitement.

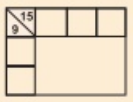
—Coleen Nolan, Daily Mirror

SOLVE IT IN A MINUTE

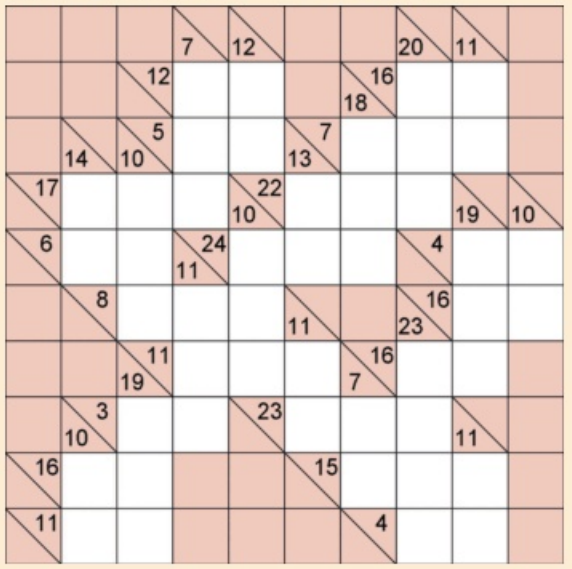
Find the angle between the hour hand and the minute hand of a clock when the time is 4:35

Kakuro

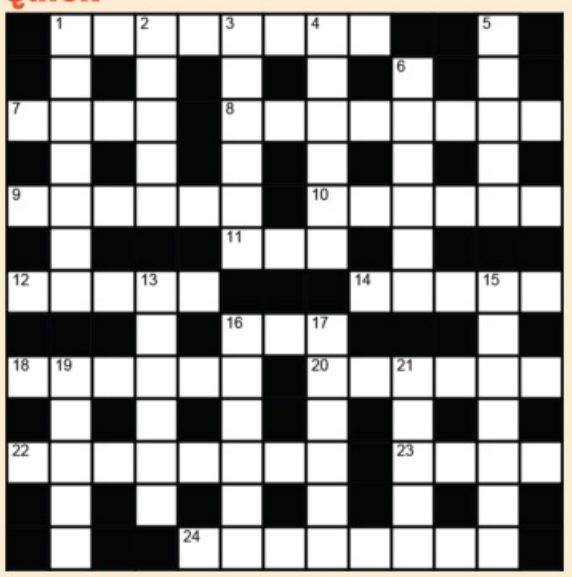
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Cellphone accessories (8)
7 Biblical wisemen (4)
8 Pardons of sin (8)
9 Insipid (6)
10 Hankered for (6)
11 X-mas month (3)
12 Great lake of N America (5)
14 Biblical hymn (5)
16 The sun (3)
18 Stockholm is its capital (6)
20 Irks or pesters (6)
22 Troilus and ___ play by Shakespeare? (8)
23 Praise (4)
24 Amazes, confounds or astonishes (8)

DOWN

1 French castle (7)
2 Goodbye (5)
3 Abraded (6)
4 Pastoral, unsophisticated (6)
5 Colander (5)
6 Selects by vote (6)
13 Most peculiar or strange (6)
15 Arrays, formats or plans (7)
16 Sluggish creatures? (6)
17 Monastery washbasin (6)
19 Bangalore is divided into 198 ____ (5)
21 Christopher ___ : Tenet director (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS T

GJRWQYRFQTYU RIG HTI-WQCRSPG GAGY FT FEG SGUF KIGKRIGC, HTI FEG ZIGRFGUF HTTP WRL RUM WTIG FERY FEG OQUGUF WRY XRY RYUOGI.

Linemaro

I find your sleepy morning face beautiful

Mindchow

When there is no enemy within, the enemies outside can't hurt you

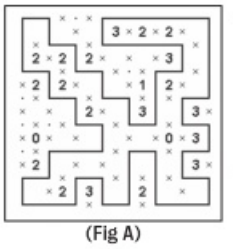
Joke of the day

Boy: What will you give me if I climb Mount Everest for you?
Girl: A push

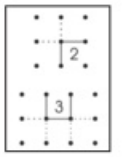
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



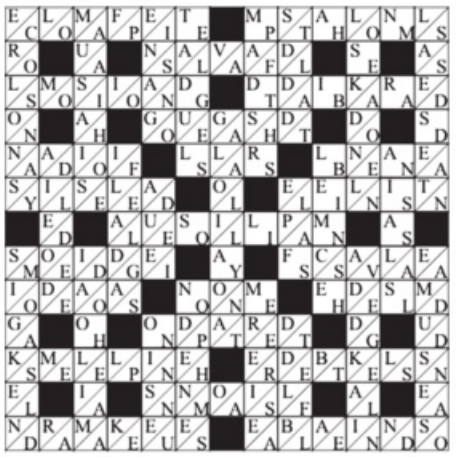
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

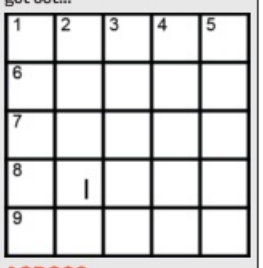
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

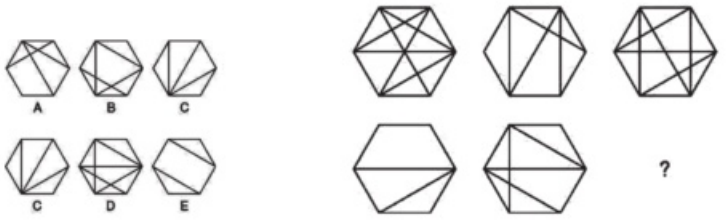
1 A prop; 6 Crore;
7 Lamia; 8 Nil hi;
9 Gusto

DOWN

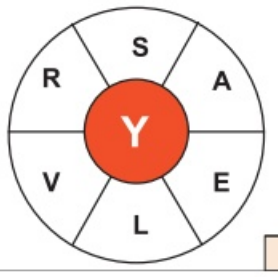
1 CIG an; 2 Pool I;
3 Rah up; 4 Timer;
5 Solar

Mensapuzzle

Which hexagon should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding

SudokuChallenge

					8		2	5
		7		2			6	
6			5		7			9
8		5					3	
4			2		3			8
	1					5		4
7			4		9			1
	5			8		3		
1	2		3					

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

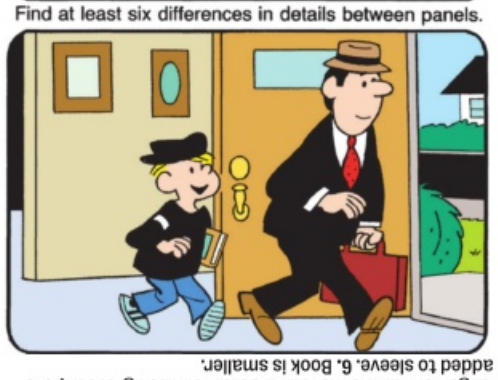
Easy ☐☐☐☐☐☐☐ = 11
2 3 5 7

Medium ☐☐☐☐☐☐☐ = 2
4 5 6 8

Hard ☐☐☐☐☐☐☐ = 12
2 4 7 3

Hocusfocus

Find at least six differences in details between panels.



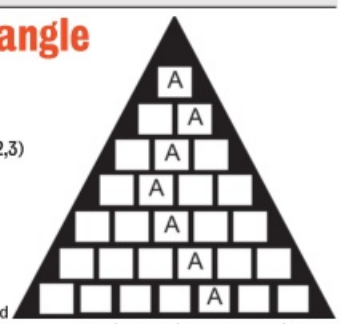
Differences: 1. Picture frame is higher. 2. Doorknob is larger. 3. Hand is moved. 4. Collar is missing. 5. Stripe is added to sleeve. 6. Book is smaller.

Riddler

A certain number is converted to binary notation, its digits reversed, and then converted back into decimal notation again to give the number 242. What was the original number?

Alpha triangle

1 Blood group
2 Dad
3 Generation
4 Book part
5 Become crazy? (2,3)
6 Thick soup
7 Mail charge

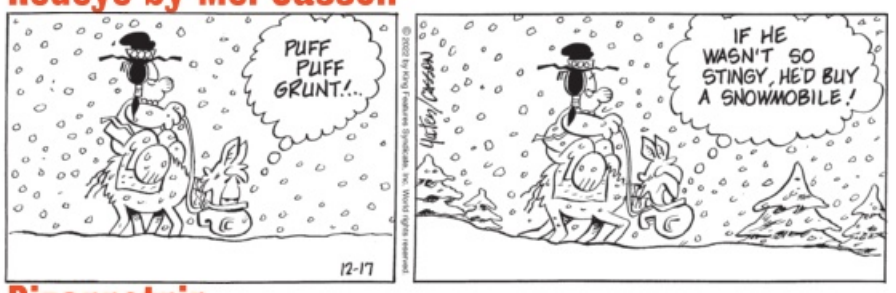


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson



Bizarrotrip

Diamond Lil

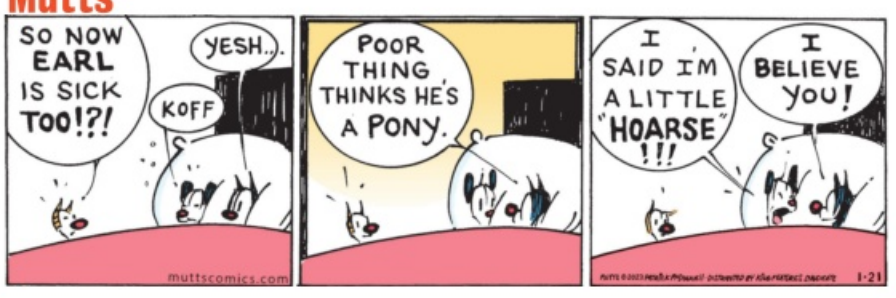
DARRELL SPENT A FORTUNE ON HIS CASKET
THEN WHEN HE DIED, HIS FAMILY HAD HIM CREMATED
SO THIS IS BASICALLY A $10,000 ASHTRAY
THANK YOU, LIL

Hart of the city

ORANGE JELLO! THAT'S MORE GOOD LUCK! I SHOULD GET SOME!
OR MAYBE I SHOULD WAIT. TELL THE UNIVERSE TO CALM DOWN SO I DON'T GET HIT WITH BAD LUCK...
JUST MY LUCK, I GET STUCK BEHIND THE SLOWEST LUNCH PICKER OF ALL TIME.

Crankshaft

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel negative vibrations around you, which can make you unhappy. You are advised to avoid making investments on worthless assets. You may also notice that friends and people around you may not be supportive today. You are advised to not expect much from anyone in terms of help, otherwise it can make you nervous. It is advised to take independent decisions today.

Taurus Apr 21 – May 20
Today you may not be able to present yourself logically. You may have a dull feeling, which may give you a lack of confidence. You need to follow your intuition while taking decisions in terms of investments. People around you may not be cooperative in terms of routine work. You are advised to be careful about eating unhealthy food to avoid stomach issues.

Gemini May 21 – Jun 21
Today you are likely to be more excited due to the cooperation of your family and friends. You may plan to renovate your house or may bring some souvenirs to maintain your standard, which may increase your social status. You can expect an increase in your fixed assets.

Cancer Jun 22 – July 23
Today is a good day in terms of gains. You may get results with low effort. Your losses may convert to profits with the help of your wisdom. You may plan to upgrade yourself by doing academic courses. You may donate some money to charity. You may also help needy people. Some investments in intellectual assets may be possible. Students may do well.

Leo Jul 24 – Aug 23
Today you may feel dull. You may have some health-related issues. Chronic diseases may reappear. You are advised to avoid rash driving and hurrying. You are advised to avoid conflicts with your business partner. Avoid taking important decisions in terms of business. With blessings from elders, things will be under control after evening.

Virgo Aug 24 – Sep 23
Today you may be blessed by your destiny. Your postponed projects may be restarted now. Messy situations are now under control, which may speed up your projects. Disputes between family members are likely to be resolved, which may increase domestic harmony. Your creativity may be improved now. You may be attracted to glamour.

Libra Sep 24 – Oct 22
Today is a good day. You are enthusiastic. With the help of focus, you may perform well at work. Your boss may be supportive. You may get some new responsibilities in terms of promotions. There may be some visits to a spiritual place. It is advised to avoid arrogance in your love life.

Scorpio Oct 23 – Nov 22
Today you are blessed by the moon and your destiny is with you. Postponed projects are likely to be restarted now. You may have your elders' blessings, which may help you come out of a messy situation. This may boost your speed of work. Domestic harmony can make you happy after resolving some disputes between family members. Your creativity may be improved now.

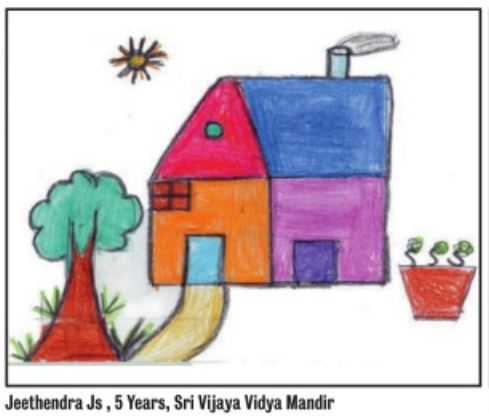
Sagittarius Nov 23 – Dec 22
Today your moon is not in a good position. You may feel dull and you may have health issues. You may face losses in this period.
It is advised not to invest in risky assets. Your gains may convert into losses. You should stop investing in worthless objects. You should avoid being involved in controversies, otherwise it may pull you down negatively.

Capricorn Dec 23 – Jan 20
Today you are blessed by the moon. Love would be in the air in terms of your personal life. Singles may find a suitable match.
You may do well in terms of your professional life. Your friends and subordinate staff are likely to support you.

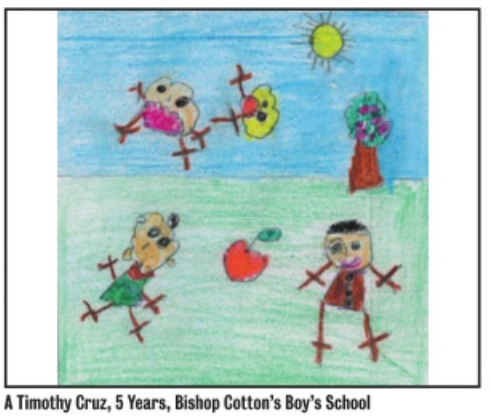
Aquarius Jan 21 – Feb 19
Today you may have confidence, which may reflect in your way of working. You are in a winning position in terms of opponents and enemies. You may have good focus towards your goals. Health issues may be resolved.
In your domestic life, try to avoid unnecessary arguments as it may affect harmony.

Pisces Feb 20 – Mar 20
Today you may be happy due to blessings from auspicious planetary combinations. You may have some sort of positive energy, which may boost your prestige among people around you. You may spend your time studying intellectual topics. You will also plan for higher studies.

KIDZONE



Jeethendra Js , 5 Years, Sri Vijaya Vidya Mandir



A Timothy Cruz, 5 Years, Bishop Cotton's Boy's School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(3 – 35/60) × 30
= 90 – 17.5 = 72.5

RIDDLER
Seventy nine

QUOTE UNCODE
Examinations are formidable even to the best prepared, for the greatest fool may ask more than the wisest man can answer.

FAST FIVE

A	P	P	R	O
C	O	R	E	R
I	L	A	M	A
N	I	H	I	L
G	O	U	T	S

BULL'S EYE
early, easy, layer, lyre, relay, rely, slayer, slyer, vary, very, year

STRIKE OUT

C	O	M	F	I	T		P	S	A	L	M	S		
O		A		N	A	V	A	L		E		A		
L	O	S	I	N	G		T	A	B	A	R	D		
O		H		O	U	G	H	T		D		V		
N	A	I	F		S	A	S		B	E	N	E		
Y	I	E	L	D		L		L	E	N	I	N		
	D		A	E	O	L	I	A	N		A			
D	R	A	K	E	S		E	L	A	N	D	S		

QUICK

	S		A	S	T	O	U	N	D	S				
	D		T		L		B		A		T			
C	R	E	S	S	I	D	A		L	A	U	D		
	A		E		A		V		O		O			
S	W	E	D	E	N		A	N	N	O	Y	S		
			D		S	O	L				A			
H	U	R	O	N		P	S	A	L	M				
	A				D	E	C							
J	E	J	U	N	E		I	T	C	H	E	D		
	T		E		T		E		V					
M	A	G	I		A	B	S	O	L	V	E	S		
	H		D		R		U		E		I			
C	H	A	R	G	E	R	S		S					

MENSA PUZZLE
8: the contents of the third hexagon in each row and column are determined by the contents of the first two hexagons. only when lines appear once in the same position in these two hexagons are they carried forward to the third hexagon

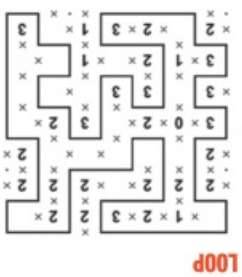
SUDOKU

3	9	1	6	4	8	7	2	5
5	8	7	9	2	1	4	6	3
6	4	2	5	3	7	1	8	9
8	6	5	7	1	4	9	3	2
4	7	9	2	5	3	6	1	8
2	1	3	8	9	6	5	7	4
7	3	8	4	6	9	2	5	1
9	5	6	1	8	2	3	4	7
1	2	4	3	7	5	8	9	6

ALPHA TRIANGLE
A, Pa, Gap, Page, Go ape, Postage, Postagé.

GO FIGURE
Easy
5 + 2 + 7 – 3 = 11
Medium
6 – 4 × 5 – 8 = 2
Hard
7 – 3 × 2 + 4 = 12

LOOP



KAKURO

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'Your work is your best PR'

Bollywood actress Yami Gautam shared that she believes in giving her best and also asserted that popularity depends on good work and said that "work is your best PR".

She responded so to a social media user who advised her to hire a good PR agency for promoting her work.

Yami is all set for the next, 'OMG2' opposite Akshay Kumar.

Recently a Twitter user targeted the actress and said that for her better growth in career, she needs a better PR agency.

"All Yami Gautam needs to do is hire better PR agency. It would do wonders to her career," went the tweet, to which she replied:

"I see the power of PR heavy activities/reviews/trend/perceptions/image etc which actors are relying on, and I judge no one. But I am a strong believer in 'YOUR WORK IS YOUR BEST PR'. It's a longer route but takes you the correct way.."

While many of her fans came in support of her, one wrote: "I still believe you are the best actress whose potential is not being used completely..."

-IANS

Parental advice

Janhvi reveals how her parents reacted to her dating life

Janhvi Kapoor has always been quite open about her family life at home, growing up with Sridevi and Boney Kapoor as parents. The actress recently revealed how they reacted to her dating life.

In an interview with Filmfare, Janhvi said that her parents were quite dramatic about her dating life. According to them, if Janhvi likes a guy, she should bring him home so that they could get her married. The actress recalled telling her parents that not all crushes end up in relationships and that they can be chill also. Sridevi retorted with, "Like chill, what does chill mean?"

Janhvi has been grabbing eyeballs of late for her rumoured relationship with her ex-boyfriend Shikhar Pahariya. Reports are rife that she has rekindled romance with her ex. Ahead of her birthday on March 6, the actress jetted off to an undisclosed location with her father Boney and sister Khushi Kapoor for a family vacation. What caught everyone's attention was that Shikhar also joined them.

Meanwhile, on the work front, she will next be seen in Nitesh Tiwari's 'Bawaal'. Apart from this, she also has 'Mr and Mrs Mahi' with Rajkummar Rao.

-ETimes

Ranbir joins Martin on stage in B'luru

Dutch DJ Martin Garrix was joined on stage by Indian cinema stars Allu Arjun and Ranbir Kapoor recently on two separate occasions. The two-time MTV EMA winner is touring Bengaluru, Chennai, Hyderabad, Pune, Mumbai, Kolkata and New Delhi and Ahmedabad.

Martin said: "India is one of my favourite countries to perform at and it's good to finally return and party with all my fans. It was great to have Allu Arjun and Ranbir Kapoor join me on stage. There is no place like India. We have done some of the craziest shows here and I'm so proud that we get to do this big tour now."

In Bengaluru, Bollywood superstar Ranbir Kapoor took to the stage to perform alongside the DJ. The film star, who is currently busy promoting his upcoming film, 'Tu Jhoothi Main Makkaar', was seen sharing a warm hug with Garrix as soon as he appeared on stage. **-IANS**

A gripping survival drama

IN CAR (Kannada dubbed version)
3.5 RATING ★★★½☆
- **DIRECTOR** Harsh Warrdhan
- **ACTORS** Ritika Singh, Sandeep Goyat, Manish Jhanjholia, Sunil Soni, and Gyan Prakash.
- **Duration** 122 minutes
- **Certification** A

Three lewd men kidnap Sakshi Gulati (Ritika Singh), a college girl, in a hijacked car. The audiences are told that Richie (Manish Jhanjholia), one of the kidnappers, is out on bail in an assault case. Richie's uncle (Sunil Soni) hijacks a car for him and his elder brother Yash (Sandeep Goyat) to go to Pune from Haryana. On the way, Richie insists his uncle arrange a girl for him to celebrate his birthday. They go on a selection spree. They zero in on Sakshi who is waiting at a bus stop to board a bus to attend her exam. Yash drags her into the car and his uncle asks the driver to head towards Pune.

A shocked Sakshi pleads with the men in the car to leave her but in vain. She tries to escape after hitting Yash with a torchlight but is caught and brought into the car by him. They take her into an abandoned factory building. What happens to Sakshi is what In Car is about.

Director Harsh Warrdhan deserves a pat on the back for selecting the right subject to convey the much-needed message to the society. The director has kept the screenplay crisp, especially in the post-intermission session. The movie also showcases the apathy of the people – a woman police constable, a petrol pump employee and a food delivery boy - to rescue people in danger. These scenes make the audiences feel revulsion towards apathetic people. The post-intermission session can make audiences empathise with the female lead.

Manish Jhanjholia is convincing as a drug addict and lecherous person. His dialogues and body language make the audiences' blood boil. Sunil Soni, as an irresponsible uncle of two wayward nephews, is convincing. Sandeep Goyat and Gyan Prakash provide good support. Ritika Singh, the national award winner, walks away with all honours for her sterling performance. She is at her best in scenes where she pleads with her captors not to harm her and the scene where she, with no other option, asks her captors to complete their work in the car instead of taking her to a secluded place. Cinematographer Mithun Gangopadhyay has done an excellent job. A major portion of this movie was shot in a moving car.

The movie is a must watch to understand the harsh realities of society.

-Y Maheswara Reddy

Insight into farmers' plight

KAASINA SARA (KANNADA)
3.5 RATING ★★★½☆
- **DIRECTOR** N R Nanjunde Gowda
- **ACTORS** Vijay Raghavendra, Harshika Poonacha, Umashree, Neenasam Ashwath, Mandya Ramesh, Sudha Belawadi.
- **Duration** 123 minutes
- **Certification** U

The movie Kaasina Sara revolves around the conditions of farmers, especially small and marginal farmers, in rural areas. Sundaresha (Vijay Raghavendra), supported by his brother (Neenasam Ashwath), comes to the city to pursue higher education. Sundaresha's brother considers that agriculture is no longer profitable and it is better for his brother to pursue higher education. He expects his brother to get a job after graduation.

However, Sundaresha returns to his hometown and decides to pursue agriculture. Sundaresha's decision angers his brother who had taken loans for his education. The rift between the brothers widens and finally the family gets divided. This development makes their mother (Umashree) go into depression. Meanwhile, Sampige (Harshika Poonacha), an agriculture student who craves to bring drastic changes in farming, comes forward to help and support Sundaresha. Sundaresha tries to create awareness among the farmers and question the authorities and traders.

What happens to Sundaresha is what Kaasina Sara is all about.

Director NR Nanjunde Gowda, who won the national award for handling the megaphone for Kannada movie Hebbet Ramakka, deserves appreciation for writing the script and directing the movie. The director has succeeded in ensuring all the actors follow the script. He focuses on family relationships and hardships of marginal farmers in rural areas.

He has succeeded in highlighting the importance of Kaasina Sara which means a chain threaded with coins in rural areas.

Vijay Raghavendra is at his best as a progressive farmer. He has acted well in romantic, emotional and sentimental scenes. His dialogue delivery and body language are good. Harshika Poonacha deserves a pat on the back for accepting to play a deglam character. She plays the role of a village girl well. Veteran actress Umashree, as a concerned mother, provides good support. Neenasam Ashwath has acted well.

Music director Sridhar V Sambram has done an excellent job. All the songs are melodious. Cinematographer HC Venu has worked well behind the camera to capture the greenery in rural areas. Dialogues written by SG Siddaramaiah are good.

All in all, it is worth a watch by the whole family.

-Y Maheswara Reddy